

**IN THE SPECIFICATION**

Please amend the Abstract as follows:

A signal format that can be accessed, as a file, by the computer on which it is stored is provided with a plurality of concatenated content ~~Content Package~~packages. The content package comprises System, Picture, Audio and Auxiliary Items. ~~A System Item comprises a set of metadata blocks. Picture, Audio and Auxiliary Items each comprise one or more elements (Figure 2).~~ The System, Picture, Audio and Auxiliary Items have a common format ~~comprising~~ including a 16 byte SMPTE Universal Label, a Word Count, and Data (Figure 5). ~~Start and end codes are omitted from the Items.~~ The Item Label has a predetermined length which ~~are~~ is set to fixed value except for the byte identifying the Item to which the label belongs. The data of the System Item includes a set of Metadata blocks, which has. ~~The set of metadata blocks has an initial Metadata Count byte defining the number of blocks in the set. A metadata block may include a metadata Link which links the metadata of that block to the essence of the element of the Auxiliary Item with which element it is associated. (Figure 10).~~ A plurality of Content Packages is concatenated to form a computer file allowing transfer and storage of the Content Packages as a file (Figure 11). ~~Preferably each Content Package contains a compressed video frame.~~